

# The Intertwined Biology and Psychology of Depression

## A 3-Hour Home Study Program for Health Professionals

This program is designed to enable health professionals to acquire an in-depth understanding of depression. Dr. Sapolsky is internationally recognized for his discoveries concerning how stress affects the brain.

Topics include what produces a depressive event just prior to onset of symptoms, what occurred in the preceding days, weeks, and years, childhood experiences, fetal life, epigenetics, and genetics. The program also includes routes to developing resilience.

Participants completing this program concerning major depressive disorder should be able to:

1. Describe key symptoms.
2. List key depression-related neurotransmitters and hormones.
3. Identify brain structures and functions.
4. Cite major predisposing adversities.
5. Identify genetic susceptibility and origins.
6. Discuss sources of resilience.



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **CA Board of Registered Nursing**, Provider #CEP13896, and **FL Board of Nursing**. This program provides 3 contact hours.



**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 3 CE credit.



ASWB approved continuing education

**ACE** Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB) Approved Continuing Education (ACE)** program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 3 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by **FL Board of Psychology**, by **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **TX State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential is recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. Institute for Brain Potential (IBP), **SW CPE** is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The **Ohio CSWMFT Board** accepts ASWB-approved continuing education programs for social workers. This program provides 3 contact hours.

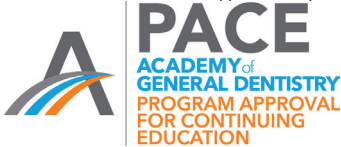


**SUBSTANCE ABUSE PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a **NAADAC Approved Education Provider**, for 3 CE. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.



**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 3 contact hours (0.3 CEUs). UANs: 0492-0000-21-007-H04-P and 0492-0000-21-007-H04-T. This program has been pre-approved by the **Florida Board of Pharmacy** for 3 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 3 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is approved as a provider of CE by the **Florida Board of Dentistry**.



Institute for Brain Potential  
Nationally Approved PACE Program Provider  
for FAGD/MAGD credit.  
Approval does not imply acceptance by any  
regulatory authority or AGD endorsement.  
12/01/18 to 11/30/24  
Provider ID# 312413  
AGD Subject Code: 557



American Occupational Therapy Association

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.3 AOTA CEUs or 3 contact hours. Content Focus: Domain of OT (Client Factors). This course is approved by the **Florida Board of Occupational Therapy** for 3 hours of credit.



**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the **NY State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)**. This program provides 3 contact hours of CE credit.



**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as provider of continuing education by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 3 CE hours. This program counts as "General" hours in Florida.



**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is approved as a provider of continuing education by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247, and by **Kansas Health Occupations Credentialing**. This program provides 3 CE hours.



**NURSING HOME ADMINISTRATORS:** Institute for Brain Potential is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. This program provides 3 CE hours.



**EDUCATORS:** Participants completing this program will receive 3.75 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

### An Introduction: Disastrous Symptoms, Disastrous Demographics

- Disastrous Demographics
- Depression as a Neuropsychiatric Disorder
- Key Symptoms
- Vegetative Symptoms that Scream Biology
- The Pandemic of Depressive Disorders

### Minutes to Days Before a Depressive Moment

- Traditional Neurochemical Players
- Newer Players
- Metabolic Changes
- Desperate Interventions

### Hours to Days Before A Depressive Moment

- Neuroendocrinology of Depression
- Reproductive Hormones
- Thyroid Hormones
- Stress and Glucocorticoids

### Weeks to Years Before Structure during Depression

- Atrophy of the Hippocampus
- Atrophy of Frontal Cortex

### Back to Childhood and Fetal Life

- Psychological Stress and Learned Helplessness
- Enduring Effects of Childhood Adversity
- Epigenetics

### Back to Your Genome

- Genetic Vulnerability and Stress
- Serotonin Transporter Gene
- Routes Toward Resilience

### The Evolution of Depression

- Darwinian Fitness
- We are Not Alone
- Evolution of Resilience

### ABOUT THE INSTRUCTOR



Robert M. Sapolsky, Ph.D., is a world-renowned neuroscientist, author, and one of the greatest teachers of science today. Dr. Sapolsky is John A. and Cynthia Fry Gunn Professor of biology, neurology and neurosurgery at Stanford University.

Dr. Sapolsky received numerous awards including MacArthur Fellowship (the "genius award") for revealing how chronic stress can harm key brain structures underlying short-term memory, cognition, and mood.

He is author of several acclaimed books including *Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Disease and Coping*; *Behave: The Biology of Humans at Our Best and Worst*, and his upcoming *Determined: Towards a Science of Life Without Free Will*.

In this accessible and informative program, Dr. Sapolsky weaves science-storytelling with clarity and humor.

## **Policies and Procedures**

1. You may order the audio CDs or audio-visual DVDs before the planned expiration date listed on the program brochure. You will have at least one year from the date you placed your order to complete the program for continuing education credit.
2. Course materials including CDs or DVDs, course outline and handouts, evaluation form, and post-test are delivered to you within 5-7 days from the date we receive your order. You will need a CD player to listen to the lecture on CDs and a DVD player to view it on DVDs.
3. Successful completion to receive continuing education credit includes 1) watching or listening to the recorded lecture and reviewing the course handouts, 2) submission of the evaluation form and post-test, and 3) receiving a passing score of 70% on the posttest. No partial credit is given.
4. Post-tests are usually scored within 5 workdays of their receipt; please allow 10 workdays. You may retake the posttest without penalty or fee.
5. Course evaluation form and completed posttest can be submitted to us by email at [ceu@4brain.org](mailto:ceu@4brain.org), fax at (209) 710-8306, or by mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.
6. A certificate of completion is provided upon successful completion. Please indicate whether you wish to receive the certificate by email, fax, or mail on the registration form.
7. If you are not completely satisfied, you may return the course materials in a resalable condition within 30-days of your purchase and exchange it for another home study program of equal value or obtain a full refund minus a \$15 processing fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com). Tuition for continuing education credit is not refundable. Course materials should be returned to us at IBP Distance Learning, 245 W Pacheco Blvd. Ste. C, Los Banos, CA 93635.

### **Dedicated Customer Service**

Call (888) 202-2938 to inquire about course content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. Institute for Brain Potential complies with ADA requirements.

### **The IBP Experience**

Our non-profit organization, tax ID 77-0026830, is the leading provider of accredited programs concerning the brain and behavioral sciences. We have been providing informative and practical continuing education programs since 1984. Our programs include fascinating and informative presentations by outstanding and highly qualified faculty.